

## **Health Insurance Crisis in America**

We say a prayer for Peter Jennings as he passed away from lung cancer only recently as he did his last report on the Health Care Insurance Crisis in America. The facts speak for themselves and support the Chiropractic ideal of staying healthy more than ever.

- Today 1/3 of all Americans do not have health insurance due to unaffordability. The majority of the remaining Americans are insured through large corporate health plans through work. Over 90% of large corporations provide a health plan. Of small business (fewer than 400 employees), only 57% can afford health plans for their employees. The rest are insured through government plans such as Medicare, Federal Employee plans, and Federal retirement plans. Last the private sector has the greatest cost in purchasing health care. Those remaining Americans who may work for themselves, be in very small companies, not part of a large health insurance purchasing plan, can only have health insurance at a very great expense, paying more on their own than any other sector in America. The reasons for this very.
- The greatest loss of health care insurance dollar investments come from more and more constant technological advances that have a constant rising high cost per procedure, and are introduced into medicine every year. More and more new procedures that quickly use up health dollars are questionable as to their real need and ultimate health payback and the number of people utilizing these procedures that necessarily need these procedures. They are being sold to Americans at an ever increasing rate.
- Hospitals are the most expensive of all health dollar utilization. Any procedure performed in a hospital can cost 5-10 times more just by being performed in a hospital. A fact released years ago before this current report, cited 54% of all health care dollars in America are spent in hospitals in a persons last 90 days. Hospitals and medical doctors in hospital settings take the hugest chunk out of health care.
- Federal law prohibits Emergency Rooms from turning away any patients. With the lack of primary health care provider coverage, the ER rooms across America are flooded with 30% of people who cannot afford health care. The result is our ER rooms are flooded with cases that do not require Emergency Room treatment. Common colds, sprained ankles, and cases that, years ago were often treated at home, and at best seen by a primary physician. These low level health concerns are literally blocking the way for the entrance of serious auto accident injuries, gun shot wounds and cases that really do need ER treatment, and are costing hospitals billions a year. We are now seeing

the closing of Emergency Rooms across the country, and a reduction in the number of rooms.

- The current health plans in corporate America, and the private sector are becoming so expensive that we are seeing higher and higher deductibles and copays, forcing the health insured public to spend much more money out of their own pocket to receive health care. As this continues to rise and increase, there will be a breaking point for private business that will force the elimination of health care plans not so far away.
- Insurance companies are now penalizing the sick by disqualifying from coverage for being sick. They will not offer policies to those who have diabetes, all the way down to having acne or eczema, due to a fear of the potential cost to the insurance company. Those people who really need access to our health care system are being denied. (If only many of them knew how well their conditions would respond to chiropractic!). You can only get a health insurance policy if you are healthy, and those who are healthy often justify not purchasing insurance until they are sick, because they are healthy, and do not want to spend the money.
- The study!!! They compared the usage of medical services across the country to find out if those communities utilizing more of these higher cost services, latest technological health care services, and using more of the available medical care services than residents in other areas of the country were actually making the local residents healthier. The result was NO!! They found the more medical care utilized in any area, the sicker the population and the HIGHER the MORTALITY rate!! They proved that the use of medical care is actually makes you sick and is dangerous to your health.
- My gripe. Chiropractic has systematically been suppressed by the medical profession for the past 100 years. It gets used by less than 10% of our population, yet studies show that chiropractic patients get sick less often, miss fewer days at work, are less likely to have a major health crisis, and are healthier in general than medical patients, and the cost is pennies compared to medical health care system. I have lived this myself, not needing to go to a hospital, medical doctor, or medicating for over 30 years of my life. My primary health regime, chiropractic care, maintaining a full nerve supply so that my body functions properly. NOT waiting for pains, aches, or symptoms to apply chiropractic, but understanding the devastating nature of a Vertebral Subluxation to my health gone uncorrected.

**-50% of all bankruptcies are due to overwhelming medical bills!!**

**-75% of those had health insurance.**

**-It pays to take care of your health.**

## **Energy-Do You Need Some?**

Energy for the human body is often mis-understood. It could be said that if all systems were operating properly, were all tuned properly, and the fuel was pure we'd be okay. But many things come into play that go against the perfect world of our bodies functioning to their maximum potential that in turn rob us of energy. It's not always adding an ingredient that gives us energy, but removing blockages, and balancing body organs and lifestyle. Below is a brief summary of things that help us to balance and hence restore natural energy.

- 1) Chiropractic Adjustments that restore proper nerve flow give energy back to organs and assist in coordinating the function of all organs as a whole.
- 2) Proper rest and sleep is essential. Body organs store energy for the next day when we sleep that is essential for proper operation.
- 3) Exercise invigorates the body and removes stagnation, promotes circulation, balance, and health. Exercise helps our energy flow. Simple walking 3 times a week can be a huge benefit. Playing in parks and getting the lungs aerobic full of oxygen assists our energy.
- 4) Breathing. Often our breath is out of balance. It may be due to poor sleep, vertebral subluxation, toxins in the lungs and body, no exercise, and poor diet. To practice breathing is at the heart of many meditative disciplines. Yoga, Tai Chi, etc. Practicing breathing deep into the abdomen, slow, continuous, unbroken and relaxed while standing quietly can be of great benefit to restoring energy to the body. Becoming very still.
- 5) Diet. Today there are many destructive fad diets to loose weight, supplements to loose weight. Our food chain is contaminated with insecticides, pesticides, fertilizers, food additives, steroids, preservatives that is almost impossible to purchase food free of these harmful chemicals. It is easy to turn our back on this issue when we don't make a direct connection between our personal health and the chemicals in our foods, but the dangers are real, and they are there. Eating whole foods (unprocessed), warm cooked vegetables, and purchasing organic vegetables and fruits as much as possible will help. Seek out those areas in town that sell organic vegetables. You'll find they are available and affordable if you look. Do not have a diet full of junk food, processed food, excessive proteins or excessive carbohydrates. Move toward increasing your diet with warm vegetables.
- 6) Cleansing the small and large intestine with herbal colon cleanses can make way for a lot of energy simply by making it possible for your intestine to

return to properly absorbing the food you eat. Our intestines are plugged with chemicals, toxins, old food and past medications.

- 7) Acupuncture restores energy balance into energy meridians (channels) that bring back our natural energies
- 8) Professional administered Chinese herbs can restore natural organ energy. Not to be confused with other herbal uses popular today. China has a 5000 year history of reading the bodies energy and applying proper herbs that return balance and energy to the body.
- 9) Eliminate medicating the body. Every single medication on the market has listed and unlisted side effects. They are all artificial, and all retard normal body function while at best providing some immediate pain or symptom relief while not attacking the real cause. Do not underestimate any medication when it comes to this fact.
- 10) Juicing. Fast for one day or many days and live off fresh squeezed juices from organic vegetables such as carrots, broccoli, spinach, beets, celery. This can rid the body of toxins effecting your body and energy, as well as supply the tissues with a lot of needed vitamins and minerals.
- 11) Vitamin, mineral supplements, and herbs can be helpful, although not as well rounded or complete as properly administered Chinese herbs specific for your body.